

Nutrition – Nature’s Way

EdibleWildFood.com

Second last newsletter of 2019 already – wow! This year has flown by at warp speed. This winter will bring us some challenging times – according to the plants and berries in my area. The amount of seed production has been more than impressive and berries have been dripping off the shrubs – all indicators of a wicked winter to come. This means massive snowfalls or record cold temperatures – or both. All I know to be true in my heart – be prepared. Don’t wait for trouble to strike – have at least a month’s worth of food, water, toilet paper, etc., in your home. If possible – have a source of heat to use in the event your main source fails. Remember that ole saying – better to have and not need than to need and not have!

For those in my area (GTA – York Region) – I have teamed up with two amazing people (one being my dear friend Colleen) – and on November 21st we are presented a health seminar (details in image to the side) with the focus being on managing osteoarthritis naturally. I was diagnosed with osteoarthritis over two years ago – and I am well on my way to reversing this. When I was diagnosed, hiking was a struggle and it caused me pain – but I hiked anyway. I could not twist, jump, dance, or sit cross legged. Today – I can. I am on my rebounder, I often hike several hours a day, I can jog, I can twist and dance and all pain-free! Only 4 times did I have to resort to taking a Tylenol for arthritis pain. I will be sharing what I have done to reverse this condition on November 21 in Aurora. I am working on a booklet about this as well. When it is ready I’ll have it on my website’s store page and I’ll be announcing that on my Facebook page.

Turkey tails are still out there (despite the snow) and so long as their spore side is still white – they are good to gather. There is a mountain of scientific evidence out there that shows us how important these are to help us build our immune system. If you still have access to these – gather them – let them air dry (not in sunlight) – then store them in mason jars in a cupboard. ***Keeping your immune system fine tuned is important!***

Edible of the Month TURKEY TAILS





Manage Your Osteoarthritis Pain - Naturally
and
Optimize Your Health With Human Performance Technology

Speakers:
 Karen Stephenson, SSW, RA. Chartered Herbalist, Wild Food Educator, Professional Writer / Researcher
 Colleen Wiebe, BA, BEd., MSc. Teacher, Guided Walk Leader, VoxxLife Associate
 Dr. Kevin Arnold, BSc(Hon), EHC, DC, Director of the BAK Clinic, Author, 'Bringing Back Balance Into Your Life'(2015)

Thursday November 21, 2019
 7:00pm to 9:00pm
 Aurora Public Library - Magna Room
 15145 Yonge St, Aurora

Admission: \$15 per person
 Includes a \$15 coupon towards BAK services
 and a FREE VoxxLife DEMO & NeuroPatch

More info: info@ediblewildfood.com
 Tickets at Eventbrite - link below!



Deodorant or Antiperspirant

People should be on their guard about personal care products they use on a daily basis because of the chemicals they contain. Deodorants and antiperspirants are no exception.

There is so much conflicting information out there about antiperspirants. Many sources say they can cause cancer (mostly breast cancer) yet some sources refute that. The way I look at it - why stop your body from doing something it is naturally meant to do?!?! We are supposed to sweat and by forcing our body to prevent this, I feel, is not good for us. Most antiperspirant formulations use some type of metallic salt, like aluminum chloride or aluminum zirconium trichlorohydrate, to mechanically block sweat from reaching the surface of the skin.



Fresh sweat basically has no odour. It is mostly water, which by evaporating cools the body. It contains a variety of ions, such as sodium, potassium and chloride, commonly referred to as electrolytes, along with small amounts of metabolic by-products such as ammonia, lactic acid, amino acids and fatty acids. There are also trace amounts of numerous organic compounds such as glucose, various hormones, and even residues from medication. So if fresh sweat basically does not smell, what causes the odour?

Body odour is caused by bacteria breaking down sweat and is largely linked to the apocrine glands. Most of the apocrine glands in the skin are located in the groin and armpits. It is actually the result of bacteria breaking down protein into certain acids. It is also known as bromhidrosis, osmidrosis, or ozochrota – or more simply stated B.O.!

Body odour can have a pleasant and specific smell to the individual and can be used to identify people, especially by dogs and other animals. Each person's unique body odour can be influenced by diet, gender, health, and medication.

So – back to deodorants and antiperspirants. Many people feel (and I agree) that if you are not willing to eat what you put on your skin – why would you put it on your skin? Reading labels is just as important with personal care products as it is when you are in the grocery store. If you have the time and inclination then on the next page is a very simple recipe to make your own deodorant!



Homemade Deodorant

3/4 cup arrowroot powder
 1/4 cup food grade diatomaceous earth
 7 to 9 tbsp melted coconut oil
 4 or 5 drops of an essential oil you like (only if desired)

Combine diatomaceous earth and arrowroot powder. Add six tablespoons melted coconut oil (and your EO drops if desired; mix with a fork. Continue adding coconut oil until your deodorant reaches your preferred consistency. Transfer mixture to a jar with a tight fitting lid. Store in a cool, dry location.



Diatomaceous Earth Exfoliant

Diatomaceous earth (food grade) makes a gentle facial exfoliant and mask. This is for you as well guys! In addition to its main component, silica, DE also contains calcium, magnesium, zinc, copper, selenium, phosphorous and other trace minerals. Since minerals can be absorbed through the skin, this is a wonderful way to complement a mineral-rich diet.

Mix about 1 tablespoon of diatomaceous earth with water, milk, aloe vera juice or diluted honey to make a thick paste. (If desired, add a drop or two of an essential oil that will compliment your skin.) Using your fingertips, lightly massage the paste onto your face using small, circular motions. Allow the paste to set for 1-2 minutes, then gently remove with a warm washcloth using small, circular motions. This last stage is when most of the exfoliation occurs. Follow with a very simple moisturizer such as a vitamin C serum, vitamin e oil or argan oil.



To end things off I want to do another shout out! I am coming close to that 30,000 followers plateau on Facebook and if you are already there - thank you! If not - be sure to go to EdibleWildFood.com on Facebook and please like the page. Even better - please be sure to like posts and to share them.

And one more shout out for YouTube. If you have a gmail account please be sure to subscribe (EdibleWildFood.com). Also - please be sure to "like" the vids as all this positivity helps with rankings.

Thanks to all of you who have supported my efforts - it truly means a lot!

